

SYLLABUS: SPRING 2008

HLT 155: PERSONAL HEALTH

TIME: THURSDAYS 6:30 – 9:15 P.M.

PLACE: MOHEGAN CAMPUS, CLASSROOM 216

**THREE RIVERS COMMUNITY COLLEGE
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| OFFICE HOURS: | MONDAYS | 2:00 – 3:00 PM |
| | TUESDAYS | 5:15 - 6:15 PM |
| | WEDNESDAYS | 11:15 – 12:15 PM |
| | THURSDAYS | 5:15 – 6:15 PM |

APPOINTMENTS ARE AVAILABLE AT OTHER TIMES

Course Description

This is a course in the physiological principles involved in the maintenance of individual health. The student will learn principles of nutrition, communicable disease prevention, stress management, exercise and other elements of personal lifestyle that affect health.

Course Objectives

The successful student will:

- Gain an understanding of the term “health” and the various meanings to different people.
- Gain an understanding of the ‘wellness’ approach to health.
- Gain an understanding of preventive medicine.
- Understand the importance of risk-reduction in personal health.
- Learn the relationship between personal hygiene and health.
- Understand the role of oral hygiene and health.
- Gain an understanding of lifestyle and mental health.
- Learn the relationship between emotions and physical illness.
- Define stress and list the sources of stress.
- Gain an understanding of suggestions for managing stress.
- Learn the importance of diet and nutrition in personal health.
- Develop an understanding of the holistic approach to fitness.
- Learn the relationship between exercise and health.
- Develop a plan of exercise based on his/her personal lifestyle.
- List the most common types of communicable diseases, their symptoms, method of transmission, and treatments.
- Understand reproduction and family health.
- Gain knowledge of the human reproductive system.
- Learn about the various methods of contraception in the United States.
- List the various forms of S.T.D’s, their symptoms, and explain how they’re transmitted as well as how they can be prevented.
- Learn the health effects of drug abuse, alcoholism, smoking and environmental pollutants.
- Develop an understanding of the relationship between birth defects, chronic and degenerative diseases and health.
- Develop a risks-analysis approach to personal health appraisal
- Establish a plan of some personal health goals according to their own deficiencies and risks.

Methods of Evaluation

1. Tests: 50%

There are 4 tests during the semester. A student who takes all 4 tests may drop the lowest test grade since only 3 tests will be counted. **A student who misses a test will not be able to drop the lowest grade.** Students with an average of at least an 83 on the first 3 tests may elect to not take Test 4. **No make-up tests will be given.**

2. Attendance/Class Participation: 10%

Students are expected to attend and to be on time for all classes. A student who is absent may lose these points:

Absent 3 times = loss of 6 points

Absent 4 times = loss of 8 points

Absent 5 or more times = loss of all 10 points

3. Group Project: 16%

A project and its due date will be assigned.

4. Homework Assignments: 24%

All 3 homework assignments (each is worth 8 points) must be handed-in at the beginning of the class on the date the report is due.

Grades and Quality Points

A = 93-100

A- = 90-92

B+ = 87-89

B = 83-86

B- = 80-82

C+ = 77-79

C = 73-76

C- = 70-72

D+ = 67-69

D = 63-66-

D- = 60-62

F = Less than 60

Required Text and Materials

Insel, Paul and Roth, Walton. Core Concepts in Health, Tenth Edition.
Boston: McGraw-Hill,

Students do ***not*** need the student handbook.

College Withdrawal Policy

A student who finds it necessary to discontinue this course must notify the Registrar's Office. The withdrawal deadline for this semester is **April 29**. Students who do not withdraw, but stop attending will be assigned an "F" grade, adversely affecting the transcript and cumulative average.

Disability Statement

If you are a student with a disability (challenge) and believe you will need accommodations for this class, it is your responsibility to contact the Disabilities Counseling Services at 383-5240. To avoid any delay in the receipt of accommodations, you should contact the counselor as soon as possible. Please note that I cannot provide accommodations based upon a disability until I have received an accommodation letter from the Disabilities Counselor.

Classroom Etiquette

Please:

Turn off your cell phones. I will not have mine on either.

Come to class on time and do not leave early. I will start class on time and will finish on time.

Sign the Attendance Sheet at every class.

If you need to leave the classroom, go quietly and return quietly, making sure not to cross in front me or another person if we are speaking.

Clean up after yourself by clearing your trash after class, not during. Clean-up spills.

Raise your hand when you wish to speak.

When someone is speaking in class (me or another person), do not have side conversations or interrupt. Side comments are very distracting and will be discouraged.

| # | <u>DATE</u> | <u>DAY</u> | <u>LECTURE/ASSIGNMENTS/TESTS</u> |
|----------|--------------------|-------------------|--|
| 1 | 1/24 | Th | Introductions / Syllabus Homework #1 assigned C. 1: Taking Charge of Your Health |
| 2 | 1/31 | Th | C. 2: Stress Management C. 3: Psychological Health |
| 3 | 2/7 | Th | Test #1: C. 1, 2, 3 and other assignments. No make-up tests will be given C. 4: Intimate Relationships |
| 4 | 2/14 | Th | Review Test #1 C. 5: Sex and Your Body C. 8: Pregnancy and Childbirth |
| 5 | 2/21 | Th | C. 6: Contraception C. 7: Abortion C. 18: Sexually Transmitted Diseases C. 17: Immunity and Infection |
| 6 | 2/28 | Th | Homework #1 due at 6:30 - Late papers not accepted Homework #2 assigned C. 22: Personal Safety Topic: Addictions |
| 7 | 3/6 | Th | Test #2: C. 4,5,6,7,8,17,18,22 and other assignments No make-up tests C. 12: Nutrition Basics |

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| 8 | 3/13 | Th | Homework #2 due at 6:30 p.m. – late papers not accepted. Group Project Assigned Review Test #2 C. 12 continued |
| XX | 3/20 | Th | Spring Break: No Class |
| 9 | 3/27 | Th | C. 13: Exercise for Health and Fitness C. 14: Weight Management Group Work |
| 10 | 4/3 | Th | Homework #3 due at 6:30 –late papers not accepted C. 15: Cardiovascular Health C. 16: Cancer C. 21: Complimentary and Conventional Medicine Group Work |
| 11 | 4/10 | Th | Test #3: C. 12,13,14,15,16,21 and other assignments No make-up tests will be given Group Work |
| 12 | 4/17 | Th | Review Test 3 / Grade Sheets C. 19 Aging C. 20: Death and Dying Group Work |
| 13 | 4/24 | Th | Group Project Presentations |
| 14 | 5/1 | Th | Test #4: C. 19,20 and all topics covered in the group presentations No make-up tests will be given |